

Vegetables With a Touch Of Lemon

Ingredients:

1/2 small head cauliflower, cut into florets
2 cups broccoli, cut into florets
2 Tbsp lemon juice
1 Tbsp olive oil
1 clove garlic, minced
2 tsp fresh parsley, chopped

Preparation:

Steam broccoli and cauliflower until tender (about 10 minutes).

In small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.

Put vegetables in serving dish. Pour lemon sauce over them. Garnish with parsley.

Yields: 6 servings Nutritional Information Per Serving: Calories: 22 Total Fat: 2 saturated Fat: less than 1 cholesterol: 0 mg Sodium: 7 mg Total Fiber: 1 protein: 1 g Carbohydrates: 2 g Potassium: 49 mg